Please do not place any restrictions on XM radio. I am in my car constnatly and XM is the best investment I have for my vehicle period. The instant traffic and weather are wonderful tools as you know immeaditley if there are any problems versus waiting for 15 minutes or more until the next traffic update on local radio. The problem with the local stations is by the time they tell that there is a problem it is too late most of the time you are already in a jam.